

## ABSTRACT

A back-stretching apparatus, capable of suspending a person comfortably in an upright position. The backboard comprises an inclined platform with footholds and a strap wrap. Facing away from the platform, a patient would step on to foothold and  
5 snugly wrap the strap wrap under the patient's arms, and across the patient's torso, securely fastening the patient. The patient may then step off the footholds leaving the patient freely and comfortably suspended. The platform may be fixed to a wall or free standing with the assistance of a support rack and a T-bar.